



Bacon-Cheeseburger Mac

READY IN



25 min.

SERVINGS



25

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 2 Tbsp butter
- 14 oz canned tomatoes diced drained canned
- 1 Tbsp bread crumbs dry
- 1 Tbsp flour
- 2 Tbsp chives fresh chopped
- 1 lb ground beef lean
- 14 oz deluxe macaroni & cheese dinner kraft
- 0.5 cup milk

Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- Cook Macaroni in large saucepan as directed on package. Meanwhile, brown ground beef in large skillet; drain.
- Drain macaroni. Do not return macaroni to saucepan; set aside. Melt butter in same saucepan on medium heat.
- Whisk in flour; cook and stir 1 min. Gradually stir in milk; cook 1 to 2 min. or until thickened, stirring constantly.
- Add Cheese Sauce, noodles, ground beef and tomatoes; mix well. Cook 2 min. or until heated through, stirring frequently.
- Spoon macaroni mixture into serving bowl; top with bacon, bread crumbs and chives.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:5.32, Inflammation Score:-1, Nutrition Score:3.8521739011225%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 111.46kcal (5.57%), Fat: 5.15g (7.92%), Saturated Fat: 1.56g (9.77%), Carbohydrates: 9.37g (3.12%), Net Carbohydrates: 9.03g (3.28%), Sugar: 0.96g (1.07%), Cholesterol: 16.6mg (5.53%), Sodium: 189.94mg (8.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.87g (13.74%), Phosphorus: 114.47mg (11.45%), Zinc: 1.24mg (8.3%), Vitamin B12: 0.45µg (7.56%), Vitamin B3: 1.38mg (6.92%), Selenium: 4.27µg (6.1%), Iron: 1.02mg (5.66%),

Manganese: 0.11mg (5.63%), Vitamin B6: 0.11mg (5.41%), Potassium: 156.95mg (4.48%), Calcium: 37.5mg (3.75%), Magnesium: 13.93mg (3.48%), Vitamin B2: 0.05mg (2.99%), Vitamin B1: 0.04mg (2.55%), Copper: 0.05mg (2.32%), Vitamin B5: 0.2mg (2.04%), Vitamin E: 0.29mg (1.96%), Vitamin C: 1.6mg (1.94%), Vitamin A: 82.18IU (1.64%), Vitamin K: 1.53µg (1.46%), Fiber: 0.33g (1.33%), Folate: 4.23µg (1.06%)